

## Health Services



### **Health Screening Blood Pressure Screening**

Free blood pressure screenings will be held the third Tuesday of every month, from 9:00 am - 10:00 am. No appointments are necessary. This service is provided by Sequoia Hospital.

### **HOUSING MODIFICATIONS**

The Center for Independence of the Disabled (CID) provides:

#### **ACCESSIBILITY MODIFICATIONS**

**If You Need:**

- \*Handrails
- \*Grab Bars
- \*Wheelchair Ramps

This service is available at low or no cost. Service fees are charged on a sliding scale according to income and ability to pay. Phone 595-0783 for information.

### **Drivers Needed American Cancer Society**

The San Mateo County Unit of the American Cancer Society is appealing to you to enter your care in the race against cancer, by joining a different kind of cancer drive. This drive doesn't ask for money, but does need your time. You can make all the difference to a cancer patient by donating the time it takes to drive them to and from their cancer treatment.

If you have a car and can spare a few weekday hours each month, please call us and volunteer to drive a cancer patient along the road to recovery. For more information on this and other volunteer opportunities, call your San Mateo County office at 650-578-9902.

### **The Vial of Life**

During a medical emergency, a small plastic vial containing a slip of paper could save your life. More than 40,000 seniors in San Mateo and Santa Clara counties keep "The Vial of Life" in their refrigerators for just such emergencies. The vial contains a sheet of paper listing medications the victim may take or any health issues they have. Emergency medical technicians are trained to check for a special sticker on the refrigerator, which lets them know to look in the refrigerator for the vial. "The Vial of Life" kits are available at the Information & Referral office on Thursdays, 9am-3pm. For more information call Joan Provence at 355-7444.

### **Talk with a Counselor**

Having trouble coping with change? Feeling stressed or unhappy? Support is near! Beth Meyers is available to talk with individuals who might be lonely, recently widowed, stressed over life changes, or have a health or family problem. She can meet with you at the Twin Pines Senior & Community Center or refer you to other free support services. Call Beth at 355-8787 for a free confidential appointment.

### **HOUSING RESOURCES IN SAN MATEO COUNTY**

HIP Housing, a non-profit organization funded by the City of Belmont, is reaching out to the community to provide information about available housing programs. Homesharing is a one-on-one service linking people who have housing to share with those seeking a place to live. Two types of arrangements are facilitated: straight rent exchange or exchange of services in lieu of or for reduced rent. Additional HIP Housing programs include Home Equity Conversion Counseling for senior homeowners and Self-Sufficiency Programs for Families with Children. HIP Housing also owns and manages over 200 units of affordable housing.

For more information, Contact Laura Fanucchi

HIP Housing

(650) 348-6660 x303

